Reflections

August 19, 2020

Tip Walker (trainer) addresses LCN leadership council

On Sunday, August 16, Tip presented to a group of about 12-15 LCN chapter leaders and Outreach Trainers on MI's development of virtual retreats. The one-hour meeting was via Zoom and hosted by Mark Crewson (LCN Leadership Council President). Carol Monroe (LCN coordinator) attended the meeting as she does almost every Sunday. The session was recorded and will be available in the Monroe archive site that Susan Smily is compiling.

Topics addressed in Tip's presentation:

Background: We had to go online. No other option. The adaptation process was thorough and approached through many lenses so the trainers could deliver the best experience possible. Survey results show we did that. The results have been outstanding.

Typical schedule: The typical virtual retreat is 5.5 days and based on Eastern time zone. This is so both western US and Europe can have reasonable schedules. Folks on the other size of the globe (Australia) have to reorient their day and night schedule. In the future, Monroe hopes to offer programs more conducive to other time zones.

Technology: This is the tricky part. Consider how many things have to go right: trainer equipment (in two locations) each participants equipment, internet, Zoom platform, Monroe website, audio and video files, smart phones for backup, wifi in home, video cameras, microphones, lighting. Redundancy is key.

Trainer Prep: Tip and Ellen meticulously prepared their remarks so participants didn't suffer from Zoom fatigue. Lots of back and forth to add interest.

Bonding: Groups created a sense of community more quickly than in residential programs. The Zoom format meant each person was equal in size and audio quality. This applied to the trainers and well. The result was a greater sense of bonding as colleagues on an adventure. People looked out for each other.

Sharing: Tip and Ellen had everyone talk after every exercise. First round was one or two sentences about their experience. The second round was for people who wanted to add detail or important impact moments.

Introverts: Using the chat box function, more people got to contribute in the way that was best for them. Some spoke. Some typed in the chat box. It's all good.

Group Consciousness: Sharing becomes more important as the week moves along. Many people reported observing others in the nonphysical universe. Some had shared experiences. This happened more frequently as the week progressed. This experience wouldn't be known unless participants share.

Kudos to Tammy

Tammy hit a significant milestone last week. She has taken in over $10,000 in donations from customers that are donating their program fee to unrestricted donations rather than taking a refund. To quote Tom Holleran: "This is beautiful." We all agree. Congratulations Tammy, and **Thank You** for making that happen.

That's it for today.
See you Thursday, Scott